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CHEERRY PIES APLENTY

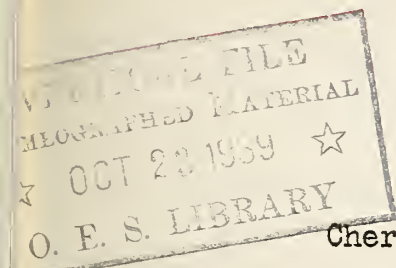
Cherries - especially sour or "pie" cherries - are making headline market news this season. According to estimates of the U. S. Department of Agriculture, the 1939 crop probably will go down on record as the largest to date. And chief reason for this record crop is the big increase in the States that grow principally sour varieties of cherries.

Sour cherries are most often served cooked - in pies, sauces, or as preserves. The lion's share of the crop usually is predestined to go into pie, made up during cherry season or later from canned or frozen fruit.

When selecting cherries for pies or any other use, look for fruit with a bright, fresh appearance. Good cherries are plump and juicy, but fairly firm. And they are well-colored - red, black, or yellow blushed with red depending on their variety. Immature cherries will not be juicy. They may be shriveled and very sour, and ordinarily they are hard, have poor color, and are smaller than ripe cherries in the same container.

There are innumerable recipes for making good, juicy cherry pie. But one way to be sure of an under crust that's crisp is to bake a pastry shell ahead of time, then to pour into this the hot, partially cooked and slightly thickened fruit filling. About four cups of pitted cherries are enough for one pie. Add sugar to taste, a tablespoon or two of butter, and a little salt.

Thickening should be used conservatively in pie. There need be only enough to keep the juice from running too much. Cornstarch thickens clearly,



and is often used when the cherry filling is cooked before it goes into the crust. The cornstarch should be mixed with a little liquid - cherry juice or water, and cooked thoroughly before it is combined with the cherries and sugar. Flour and tapioca also make satisfactory thickeners.

For those who like dietetic justification for eating cherries, here's a reassuring note from the nutritionists. Cherries rate as a good source of vitamin C - a vitamin which is needed in the diet every day.

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A copy of the Market Basket is enclosed.

